



## Do Not Order Long-Term Psychoanalysis for Common Mental Disorders

While psychoanalysis has historically been the cornerstone of psychodynamic treatment, contemporary research increasingly supports the efficacy of shorter-term psychodynamic therapies in addressing common mental health disorders. These time-limited interventions have demonstrated comparable outcomes to traditional psychoanalysis, often with greater cost-effectiveness and accessibility.

Studies have shown that brief psychodynamic therapies, typically lasting less than 40 hours, can effectively address a range of conditions, including depression, anxiety, and personality disorders. For example, a meta-analysis by Leichsenring and Kruse (2009) found that short-term psychodynamic psychotherapy was as effective as cognitive-behavioral therapy for depression.

Given the evidence supporting the efficacy and efficiency of shorter-term psychodynamic therapies, the justification for ordering the more lengthy and expensive psychoanalysis for common mental health conditions is questionable. Clinicians should carefully consider the specific needs of each patient when selecting a treatment option.

Abbass, A., Kisely, S., Town, J., Leichsenring, F., Driessen, E., .... Crowe, E. (2014). Short-term psychodynamic psychotherapies for common mental disorders. *Cochrane Database of Systematic Reviews*, Issue 7. Art. No.: CD004687. DOI:10.1002/14651858.CD004687.pub4. Accessed 09 November 2024.

Leichsenring, F., & Kruse, J. (2009). Effectiveness of psychodynamic therapy and cognitive-behavioral therapy in the treatment of depression: a meta-analysis. *American Journal of Psychiatry*, 166(2), 225-234.